



CHISWICK HOUSE  
& GARDENS TRUST

# Kitchen Garden Pumpkin and Coconut Soup

*This Autumnal recipe makes a delicious Halloween treat!*

Sam's  
RIVERSIDE



## Ingredients

Make 10 servings.

- **2kg Pumpkin or Squash**
- **70ml Rapeseed or Vegetable Oil**
- **400ml Coconut Milk**
- **3 Cayenne Chillies**
- **3 Medium Onions or Shallots**
- 250ml Water
- **100g Coriander**
- **15g Garlic**
- 10g Salt

\*Ingredients in **bold** are supplied in your recipe kit.

1



Start by preparing the pumpkin, making sure that you've got a large sharp knife & a secure chopping board.  
**TIP** Add some wet kitchen towel under the board to stop it from moving.

2



Cut in half, then scoop out all the seeds & pulp. I like to use these up by adding them to the water & simmering to make a quick pumpkin stock to add into the soup.  
**TIP** Trim the base of your pumpkin first so it sits flat on your board and won't wobble.

3



Cut the pumpkin halves into 3 wedges & add to a baking tray with 5g of salt & a glug of oil, cover with aluminium foil and roast at 180c for 45 minutes.  
**TIP** Peeling can be tricky. Instead, give it a good wash & roast with the skin on. Scoop out the flesh once soft & cool enough to do so.

4



While your pumpkin is cooking, peel & finely chop the onions & garlic. Heat the oil in a large pan & sweat these off until soft.  
**TIP** Add the remaining salt whilst cooking, this releases water which then creates steam & additional heat that will make the vegetables cook quicker & taste better!



# Kitchen Garden Pumpkin and Coconut Soup

*This Autumnal recipe makes a delicious Halloween treat!*

## You Will Need



- Chopping Board
- Large Knife
- Baking Tray
- Large Pan
- Spatula
- Saucepan
- Tin Opener
- Sieve or Colander
- Ladle
- Hand or Jug Blender

## Easy Extras



Lovely served with potato flatbreads. These are easily made by preparing mashed potato, and adding an equal quantity of plain flour, salt & any herbs or spices of choice. Form into patties and pan fry on each side with a little oil.

Recipe by Head Chef Jacob Keen Downs

5



Add chopped coriander to your pan and continue to cook & stir for 2 minutes.

**TIP** *With soft herbs like coriander, no need to pick the leaves, just give it a good wash with cold water & chop through, stems & all.*

7



Simmer everything for 15 minutes, blend until smooth and ladle into warm bowls.

**TIP** *Colour & consistency of your finished soup will vary according to the variety of pumpkin or squash used.*

6



Now strain the pumpkin stock straight into the large pan with the softened mixture and add the coconut milk.

**TIP** *Never throw away any of cooking liquids left over from the pan, strain them through a sieve & add into the pot, adds flavour & less waste!*

8



To garnish the soup, top with coriander leaves, sliced red chilli (or crispy fried chilli with oil) & some natural yogurt.

**TIP** *Use coconut yogurt to keep it dairy free. Greek yogurt will work great too.*